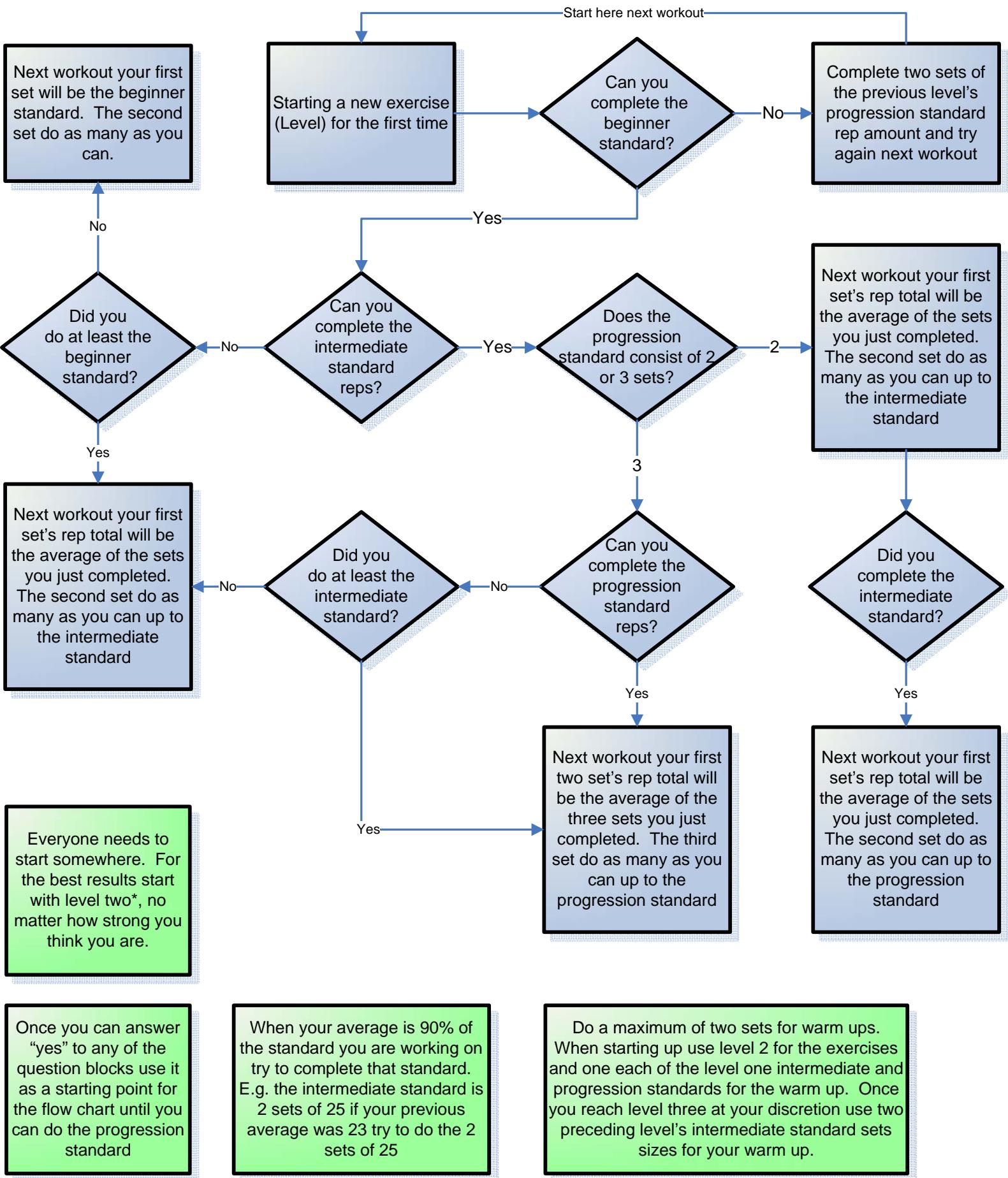


Flow chart as to how many sets/reps should you try



The Big Four Exercises Summary Sheet

Push ups

Muscles worked:
Pectorals (major and minor),
anterior (front) deltoid, triceps

Step One:

Wall Pushups

Beginner 1 set of 10
Intermediate 2 sets of 25
Progression 3 sets of 50

Step Two:

Incline Pushups

Beginner 1 set of 10
Intermediate 2 sets of 20
Progression 3 sets of 40

Step Three:

Kneeling Pushups

Beginner 1 set of 10
Intermediate 2 sets of 15
Progression 3 sets of 30

Step Four:

Half Pushups

Beginner 1 set of 8
Intermediate 2 sets of 12
Progression 2 sets of 25

Step Five:

Full Pushups

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 20

Step Six:

Close Pushups

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 20

Step Seven:

Uneven Pushups

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 20

Step Eight:

Half One-Arm Pushups

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 20

Step Nine:

Lever Pushups

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 20

Master Step:

One Arm Pushups

Beginner 1 set of 5
Intermediate 2 sets of 10
Elite Stand. 1 set of 100

Leg Raises

Muscles worked:
Abdominals, obliques, rectus
femoris, sartorius, the entire
frontal hip complex

Step One:

Knee Tucks

Beginner 1 set of 10
Intermediate 2 sets of 25
Progression 3 sets of 40

Step Two:

Flat Knee Raises

Beginner 1 set of 10
Intermediate 2 sets of 20
Progression 3 sets of 35

Step Three:

Flat Bent Leg Raises

Beginner 1 set of 10
Intermediate 2 sets of 15
Progression 3 sets of 30

Step Four:

Flat Frog Raises

Beginner 1 set of 8
Intermediate 2 sets of 15
Progression 3 sets of 25

Step Five:

Flat Straight Leg Raises

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 20

Step Six:

Hanging Knee Raises

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 15

Step Seven:

Hanging Bent Leg Raises

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 15

Step Eight:

Hanging Frog Raises

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 15

Step Nine:

Partial Straight Leg Raises

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 15

Master Step:

Hanging Straight Leg
Raises

Beginner 1 set of 5
Intermediate 2 sets of 10
Elite Stand. 2 sets of 30

Squats

Muscles worked:
Quads, butt, hamstrings,
inner thighs, hips, calves, feet

Step One:

Shoulderstand Squats

Beginner 1 set of 10
Intermediate 2 sets of 25
Progression 3 sets of 50

Step Two:

Jackknife Squats

Beginner 1 set of 10
Intermediate 2 sets of 20
Progression 3 sets of 40

Step Three:

Supported Squats

Beginner 1 set of 10
Intermediate 2 sets of 15
Progression 3 sets of 30

Step Four:

Half Squats

Beginner 1 set of 8
Intermediate 2 sets of 35
Progression 2 sets of 50

Step Five:

Full Squats

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 30

Step Six:

Close Squats

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 20

Step Seven:

Uneven Squats

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 20

Step Eight:

Half One Leg Squats

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 20

Step Nine:

Assisted One Leg Squats

Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 20

Pull ups

Muscles worked:
Latissimus dorsi teres,
rhomboid and trapezius,
biceps, forearms and hands

Step One:

Vertical Pulls

Beginner 1 set of 10
Intermediate 2 sets of 20
Progression 3 sets of 40

Step One & 1/2:

Bent Leg Horz Pulls

Beginner 1 set of 10
Intermediate 2 sets of 20
Progression 3 sets of 30

Step Two:

Horizontal Pulls

Beginner 1 set of 10
Intermediate 2 sets of 20
Progression 3 sets of 30

Step Three:

Jackknife Pulls

Beginner 1 set of 10
Intermediate 2 sets of 15
Progression 3 sets of 20

Step Four:

Half Pullups

Beginner 1 set of 8
Intermediate 2 sets of 11
Progression 2 sets of 15

Step Five:

Full Pullups

Beginner 1 set of 5
Intermediate 2 sets of 8
Progression 2 sets of 10

Step Six:

Close Pullups

Beginner 1 set of 5
Intermediate 2 sets of 8
Progression 2 sets of 10

Step Seven:

Uneven Pullups

Beginner 1 set of 5
Intermediate 2 sets of 7
Progression 2 sets of 9

Step Eight:

½ One Arm Pullups

Beginner 1 set of 4
Intermediate 2 sets of 6
Progression 2 sets of 8

Step Nine:

Assisted One Arm Pullups

Beginner 1 set of 3
Intermediate 2 sets of 5
Progression 2 sets of 7

Master Step:

Name

Beginner 1 set of 1
Intermediate 2 sets of 3
Elite Stand. 2 sets of 6

Chest and Abs are worked on the same workout, the back and legs are paired together in the same workout.
Alternate between workout sessions, having at least one rest day inbetween sessions; doing this program no more than three times in a week.

Master Step:

Name

Beginner 1 set of 1
Intermediate 2 sets of 3
Elite Stand. 2 sets of 6

Two Extras For Good Behavior

Handstand Pushups

Muscles worked:
Triceps, the entire shoulder girdle, trapezius muscles, hands, fingers, forearms

Step One:

Wall Headstands
Beginner 30 seconds
Intermediate 1 minute
Progression 2 minutes

Step Two:

Crow Stands
Beginner 10 seconds
Intermediate 30 seconds
Progression 1 minute

Step Three:

Wall handstands
Beginner 30 seconds
Intermediate 1 minute
Progression 2 minutes

Step Four:

Half Handstand Pushups
Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 20

Step Five:

Handstand Pushups
Beginner 1 set of 5
Intermediate 2 sets of 10
Progression 2 sets of 15

Step Six:

Close Handstand Pushups
Beginner 1 set of 5
Intermediate 2 sets of 9
Progression 2 sets of 12

Step Seven:

Uneven Handstand Pushups
Beginner 1 set of 5
Intermediate 2 sets of 8
Progression 2 sets of 10

Step Eight:

½ One Arm Handstand Pushups
Beginner 1 set of 4
Intermediate 2 sets of 6
Progression 2 sets of 8

Step Nine:

Lever Handstand Pushups
Beginner 1 set of 3
Intermediate 2 sets of 4
Progression 2 sets of 6

Master Step:

One Arm Handstand Pushups
Beginner 1 set of 1
Intermediate 2 sets of 2
Elite Stand. 1 set of 5

Bridges

Muscles worked:
All the spinal muscles, lower back, rear hips, biceps femoris (leg biceps)

Step One:

Short Bridges
Beginner 1 set of 10
Intermediate 2 sets of 25
Progression 3 sets of 50

Step Two:

Straight Bridges
Beginner 1 set of 10
Intermediate 2 sets of 20
Progression 3 sets of 40

Step Three:

Angled Bridges
Beginner 1 set of 8
Intermediate 2 sets of 15
Progression 3 sets of 30

Step Four:

Head Bridges
Beginner 1 set of 8
Intermediate 2 sets of 15
Progression 2 sets of 25

Step Five:

Half Bridges
Beginner 1 set of 8
Intermediate 2 sets of 15
Progression 2 sets of 20

Step Six:

Full Bridges
Beginner 1 set of 6
Intermediate 2 sets of 10
Progression 2 sets of 15

Step Seven:

Wall Walking Bridges (Down)
Beginner 1 set of 3
Intermediate 2 sets of 6
Progression 2 sets of 10

Step Seven:

Wall Walking Bridges (Up)
Beginner 1 set of 2
Intermediate 2 sets of 4
Progression 2 sets of 8

Step Nine:

Closing Bridges
Beginner 1 set of 1
Intermediate 2 sets of 3
Progression 2 sets of 6

Master Step:

Stand to Stand Bridges
Beginner 1 set of 1
Intermediate 2 sets of 3
Elite Stand. 2 sets of 10-30

Do not attempt these bad boys until you have completed level six on ALL four of the Big Exercises on the previous page. These bad boys need foundation of your previous hard work to do the proper technique.

When starting out simply add this pair of exercises to the rotation. Do not do more than 3 sets of exercises per week until you feel like you are advanced enough. Once you have reached that point only do one exercise per day, taking one day off during the week.